

INSPECTION REPORT

2022 IFBB FIFTH BALKAN CUP FITNESS
CHALLENGE (SILVER STANDARD) JUNE 17th - 19th 2022,
KNJAŽEVAC / SERBIA

ACCOMMODATION:

There are three hotels available for accommodation: HOTEL “TIMOK”, “MALI PREDAH” and “BARKA”, and they are located near the venue.

The cost of accommodation for athletes and delegates in double room is included in the registration fee of **EUR €150**.

The organizer provided a special package for supporters of EUR €100 - including 2-night hotel accommodations (double room), with dinner on June 17th, breakfast, lunch and banquet on June 18th and breakfast on June 19th) and tickets for the Prejudging, Finals and Farewell Banquet.

Hotel booking should be arranged through the organizer: nenadpress@gmail.com

PLEASE NOTE: Reservation, booking and all costs for the hotel accommodation, traveling, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your National Federation for more information.

HOTELS:

GARNI HOTEL “MALI PREDAH”



Parking is also available for guest's cars.

Restaurant „Mali Predah“ exists and works from 1983. For almost a quarter of century of existing, from modest restaurant at the beginning, it grew up into the object which can offer top services in food and accommodations today. This restaurant of modern look has two restaurants ball-rooms. The smaller one has capacity for one hundred seats and the bigger one able for five hundred seats.

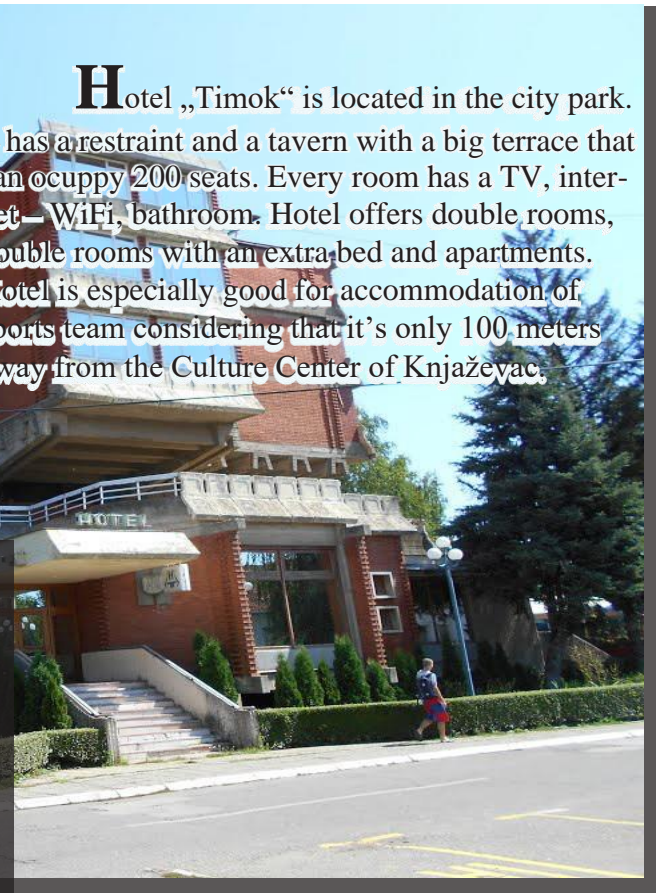
Beside excellent accommodation there is a fulfill menu, which offers different kind of food and drinks, and cooks of „Mali Predah“ are famous in their cooking skills. Beside traditional meals of Serbian kitchen, in this restaurant you can also try local specialties and of course, all of that goes with top services and nice and kind staff of „Mali Predah“.

Situated in Knjaževac, this hotel is 1.1 km far from the Culture Center where BC will be held. “Mali Predah” offers a breakfast, lunch and dinner to guests, depending on guest's needs. The Guest house Mali Predah also features a restaurant and a bar. Guestrooms also feature cable TV, Wi-Fi, internet connection, telephone line. 2-bed rooms, 3-bed rooms, 4-bed rooms and apartments are available.

HOTEL TIMOK



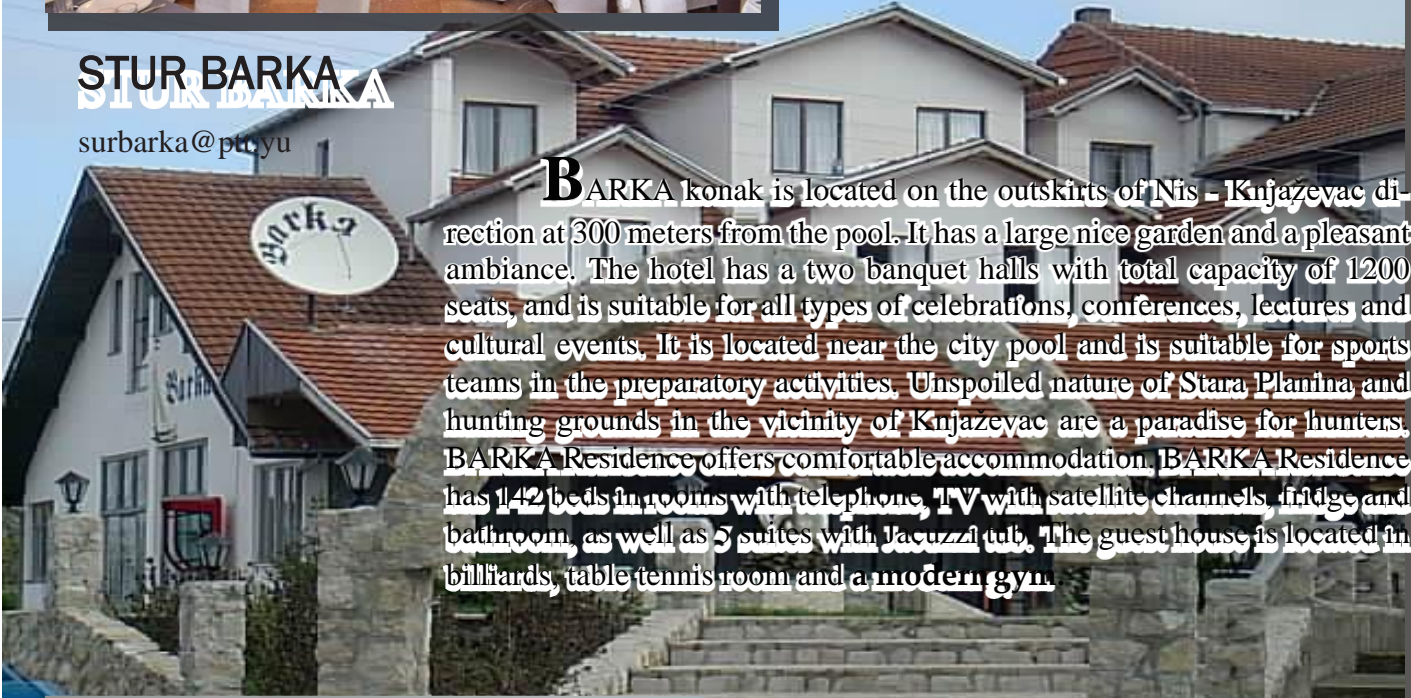
Hotel „Timok“ is located in the city park. It has a restraint and a tavern with a big terrace that can occupy 200 seats. Every room has a TV, internet – WiFi, bathroom. Hotel offers double rooms, double rooms with an extra-bed and apartments. Hotel is especially good for accommodation of sports team considering that it's only 100 meters away from the Culture Center of Knjaževac.



STUR BARKA

surbarka@ptt.yu

BARKA konak is located on the outskirts of Nis - Knjaževac direction at 300 meters from the pool. It has a large nice garden and a pleasant ambiance. The hotel has a two banquet halls with total capacity of 1200 seats, and is suitable for all types of celebrations, conferences, lectures and cultural events. It is located near the city pool and is suitable for sports teams in the preparatory activities. Unspoiled nature of Stara Planina and hunting grounds in the vicinity of Knjaževac are a paradise for hunters. BARKA Residence offers comfortable accommodation. BARKA Residence has 142 beds in rooms with telephone, TV with satellite channels, fridge and bathroom, as well as 5 suites with Jacuzzi tub. The guest house is located in billiards, table tennis room and a modern gym.



ADDITIONAL DELEGATES AND SUPORTERS: A special package has been arranged by the Organizing Committee as follows: 2-night hotel accommodations, including meals and tickets to Prejudging, Finals and Farewell banquet. The price of this package is **EUR €100** in a double room per person. This package will also apply to journalists and photographers and can be purchased upon arrival.

HOTEL DEPOSITS: An initial deposit of **EUR €50** per person is required upon check-in for incidental and personal expenses which may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his team.

PLEASE INFORM YOUR ATHLETES BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES FOR YOUR FEDERATION.

Venue site: Knjaževac Culture Center

2022 IFBB FIFTH BALKAN CUP Fitness Challenge will take place in Knjaževac Culture Center.



IMPORTANT ARRIVAL AND CHECK-IN NOTICES COMPETITOR NOTIFICATION

Once the Entry Form from a National Federation has been received and accepted, an official e-mail will be sent confirming your participation in the 2022 IFBB BALKAN CUP FITNESS CHALLENGE.

We strongly encourage you to register early and make the appropriate arrangements to compete in the event in Knjaževac.

Note: Each National Federation may enter unlimited number of competitors.

CATEGORIES OPEN AT THIS, FITNESS CHALLENGE SILVER STANDARD, EVENT:

No.	DISCIPLINE	CATEGORY	TEAM
1	JUNIOR MEN'S FITNESS CHALLENGE	One open class	unlimited
2	JUNIOR WOMEN FITNESS CHALLENGE	One open class	unlimited
3	MEN'S FITNESS CHALLENGE (athletes between the age of 24 and 40)	One open class	unlimited
4	WOMEN'S FITNESS CHALLENGE (athletes between the age of 24 and 35)	One open class	unlimited
5	MASTER MEN'S FITNESS CHALLENGE (athletes +40 years)	One open class	unlimited
6	MASTER WOMEN'S FITNESS CHALLENGE (athletes + 35 years)	One open class	unlimited

AWARDS

Top-ranked athletes in each category will be awarded with trophy, medal, and Diploma. Second and third placed will be awarded with Diploma and Medal, while the others placed will receive a Diploma.

PARTICIPATION

The contest is open for IFBB-affiliated National Federations from the Balkans. Participation in this Competition is unlimited.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizer and to the IFBB Technical Committee and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event is NOT suspended or fulfilling any period of ineligibility due to Anti - Doping Rule Violation or any disciplinary case at national or international level.

It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti - Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

REGISTRATION

Official Athlete Registration will be run on Friday, June 17th, 2022, from 10:00 till 20:00 at the venue (Knjaževac Culture Center), Branka Radicevica Street 1.

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.

Any athletes who are late will not be accepted to participate. All athletes will have to produce their Passports and IFBB International Cards at the Registration. IFBB International Cards are EUR €35 per year and are mandatory. Any athlete who has not yet purchased this Card or need to renew his/her Card will have to do it in advance via <https://www.ifbb.gbisportinnovation.com/affiliation-ifbb> . It will also be possible to pay it at the Registration.

Each athlete participating in the event will be provided with a competitor identification card at the Registration.

This identification card allows daily admission to the venue.

REGISTRATION FEE

Registration fee is EUR €150 per athlete and official delegate (double room). For wishing to compete in more categories (Bodybuilding and Fitness), the extra fee of EUR €50 will be charged for each of additional categories.

The Organizer of the event in Knjazevac will not accept any direct registration from athletes.

This Final Entry Form will only be considered if it is sent by the National Federation of the athlete and directly to the Organizer, IFBB Technical Committee and IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration and accommodation fee of EUR €150 per athlete and delegate will have to be paid **ONLY** at the REGISTRATION that will take place on **June 17th**, 2022 at the Knjazevac Culture Center! The cost of accommodation is included in the registration fee. The organizer provided double room with dinner on June 17th, breakfast, lunch and banquet on June 18th and breakfast on June 19th. Finals ticket and Farewell banquet in Culture Center on June 18th are included in the registration fee.

This Registration and Accommodation Fees are completely separate from the Hotel Deposit mentioned above.

CORRESPONDENCE/CONTACT INFORMATION

PLEASE SEND ALL FINAL ENTRY FORMS AND CORRESPONDENCE TO:

nenadpress@gmail.com, and info@ifbb.com and amichalak5@gmail.com

CONTACT PHONE NUMBER: +381 63 839 64 04 (Mr. Nenad Vuckovic)

The contest is open for all IFBB-affiliated Balkan National Federations. Participation in this Competition is unlimited.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the IFBB Technical Committee, IFBB Head Office and to the Organizing Committee. The final decision to allow an athlete to compete in this event rests with the IFBB.

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event is NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

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NOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

MEALS:

In case someone needs an extra meal besides the daily menu, the cost is EUR €10 for every additional meal.

Offered meals will consist of (options): 200 grams of chicken, fish or beef and 250 grams of sweet potatoes, rice or potatoes.

With side salad (romaine lettuce, broccoli, etc.). Water and soda beverage.

Visas:

A valid passport is required to enter Serbia. Citizens of 72 countries don't need visa to enter Serbia up to 90 days. Detailed information for each country available here: <http://www.mfa.gov.rs/en/consular-affairs/entry-Serbia/visa-regime>

For more information contact the Serbian Embassy in your country, please.

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the Championship. All National Federations could ask for an Invitation letter either to the Competition Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendant's visas. To receive invitation letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer.

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

Official language:

The official language is Serbian, but English is widely used. The staff of hotels, travel agencies and shops with whom the visitors will be in contact will speak English.

Time difference:

The time in Knjaževac is UTC+2 (Central European Summer Time Zone)

Currency:

The official currency in Serbia is Serbian Dinar (RSD).

1 EUR = 118 RSD (as for December 2021).

Current rates at: <https://www.xe.com/currency/rsd-serbian-dinar/>

Climate:

During June the weather is sunny. The average temperature is 26,5°C.

Electric Current:

220 V, 50 Hz, plugs/sockets of type C and F (two round prongs).

Airport arrivals:

The Organizing Committee will organize your transport from Belgrade, Sofia or Nis International Airports at your arrival. It is very important that every Federation provides their details to the Organizing Committee, including the number of people in their delegation. Your cooperation is essential in order to ensure adequate transportation of your team.

Transport from airports: Transport from the Nikola Tesla Airport, Belgrade (300 km away from Knjaževac) will be provided by the organizer: we will have 8-passenger vans waiting for you. Transportation price depends on number of passengers per van:

- 7 or 8 passengers – EUR €55 per person – two way ticket
- 6 passengers – EUR €60 per person – two way ticket
- 5 passengers – EUR €75 per person – two way ticket
- 4 passengers – EUR €90 per person – two way ticket
- 3 passengers – EUR €125 per person – two way ticket

Transportation price if you are arriving on the Sofia Airport, Bulgaria (170 km away from Knjaževac):

- 7 or 8 passengers – EUR €30 per person – two way ticket
- 6 passengers – EUR €35 per person – two way ticket
- 5 passengers – EUR €45 per person – two way ticket
- 4 passengers – EUR €50 per person – two way ticket
- 3 passengers – EUR €70 per person – two way ticket

Nikola Tesla Airport, Belgrade and Sofia Airport, Bulgaria are international airports and as such should cover destinations all over the world.

Transportation price if you are arriving at the airport in Nis (65 km away from Knjaževac):

- 7 or 8 passengers – EUR €13 per person – two way ticket
- 6 passengers – EUR €15 per person – two way ticket
- 5 passengers – EUR €20 per person – two way ticket
- 4 passengers – EUR €25 per person – two way ticket
- 3 passengers – EUR €33 per person – two way ticket

Niš Constantine the Great Airport has regular air traffic from the following destinations:

Basel, Switzerland
Malmö, Sweden
Dortmund, Germany
Berlin, Germany
Istanbul, Turkey

Transport request needs to be send to email:

nenadpress@gmail.com

Judges:

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges (as well as test - judges) must be included in the Final Entry Forms sent by National Federations.

For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judge's fee of EUR €50 paid for 2022.

All judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting will not be allowed to judge at this competition.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the competition.

National Flags:

All National Federations are reminded to bring their National Flags for use in the Victory Ceremony.

National Anthem:

All participating National Federations must bring the music of their national anthem on a CD with them to Knjazevac. This must be on a separate CD to any posing music.

Backstage Access/Dressing room access:

Access to the backstage area/dressing room shall be strictly limited to the essential personnel only.

Coaches and trainer who assist athletes in the dressing room must be of the same sex as the athlete they are assisting.

Press accreditation:

Any press representatives that wish to obtain press accreditation for this event have to register upon arrival and contact the Organization Committee.

Official Athlete Registration:

Official Athlete Registration will take place in the Knjaževac Culture Center, Branka Radicevica 1, on June 17th, from 15:00 till 21:00. **It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time.** Any athletes who are late will not be accepted to participate.

Secretariat:

The Organizing Committee will have a desk in the lobby of the Knjaževac Culture Center on June 17th and 18th, 2022. You may obtain information and assistance from the Secretariat when required.

Flight reconfirmation:

For the reconfirmation of your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight upon arrival at the Knjaževac Culture Center, to avoid last minute problem.

Entry Forms:

Please return the **Final Entry Form with the names of the members of your team NO LATER THAN June 6th, 2022.** Please indicate the category of your athletes in the Final Entry Form. Your co-operation is essential to ensuring your accommodations at the Hotels, and assuring adequate transportation for your team.

PLEASE TAKE NOTE: All National Federations that do not advise in advance about their extra Delegates and supporters to the Organizing Committee may have a risk to find out that the Hotel has no rooms available, due to its limited capacity. PLEASE NOTIFY THE ORGANIZING COMMITTEE ABOUT THE NUMBER OF YOUR EXTRA DELEGATES / SUPPORTERS.

Please send all correspondence to:

Organizing Committee
Mr. Nenad Vucković,
E-mail: nenadpress@gmail.com
Cell: + 381 63 839 64 04,

IFBB Technical Committee
Eng. Andrew Michalak
E-mail: amichalak5@gmail.com

IFBB Head Office
Ms. Maria Sanson
E-mail: contact@ifbb.com

Consequences of failure to cooperate with the contest organizer:

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending national federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the participation fee will be charged as a fine to the offending national federation.



FITNESS CHALLENGE



TENTATIVE SCHEDULE OF ACTIVITIES

- **T**he following schedule of activities is tentative and is therefore subject to change.

Please check regularly for updates.

All sport activity (registration & competition) will be held at the Knjaževac Culture Center,
Branka Radicevica 1, Knjaževac.

Friday, June 17th, 2022

10:00 – 18:00: Arrival of National Teams and check-in – Knjaževac Culture Center

15:00 – 21:00: Official Athlete Registration (weigh-in) – Knjaževac Culture Center

18:00 – 19:00: Team Managers & Judges Meeting – Knjaževac Culture Center

20:00 – 22:00: Dinner in the hotel where you are accommodated

Saturday, June, 18th, 2022

07:00 – 09:00 Breakfast in the hotel where you are accommodated

10:30 – 13:30: Prejudging and Finals Fitness Challenge Categories

14:00 - 15:30: Lunch in the hotel where you are accommodated

22:00: Farewell Banquet in the Knjaževac Culture Center

Sunday, June, 19th, 2022

7:30 – 09:30: Breakfast

10:00 – 12:00: Departures of delegations

